

National Kidney Month

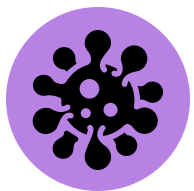
March is National Kidney Month, a time to learn about kidney health. Did you know that the kidneys are the chemical factories of the body?



Functions of the Kidneys

Kidneys are the chemical factories of the body. Kidneys can:

- Filter and remove waste and toxins from the body
- Keep bones healthy
- Maintain balance of body chemicals
- Help control blood pressure
- Stimulate production of red blood cells



Kidney Disease

Chronic kidney disease (CKD) is a condition in which the kidneys become damaged and cannot filter blood well. Early detection and treatment can slow or prevent advanced kidney disease.

- Common risk factors for CKD include diabetes, high blood pressure, heart disease, family history of kidney disease, and obesity.
- Talk to your physician. If you are at risk, get tested regularly.
- People with CKD may not feel ill or notice any symptoms. The only way to determine if you have kidney disease is through specific blood and urine tests.



Symptoms

Early CKD has no signs or symptoms, and it tends to get worse over time. Possible symptoms may include the following:

- Blood in the urine
- Foamy urine
- Painful urination
- Puffiness around your eyes
- Increased thirst and urination
- Fatigue or trouble concentrating
- Poor appetite
- Dry, itchy skin
- Muscle cramping
- Swollen ankles or feet